

Hampshire Hospitals



NHS Foundation Trust

# HIP REPLACEMENT

# PHYSIOTHERAPY EXERCISE SHEETS

Orthopaedic Department

**PRE-OPERATIVE EXERCISES**

RAPID RECOVERY HIP REPLACEMENT



# PRE-OPERATIVE EXERCISES

## 1. Hip Abduction exercise in standing



- Keep your body straight throughout the exercise. Stand holding onto a firm surface.
- With your knee straight, take your leg out to the side keeping your foot pointing forward.
- Hold for a count of 3.

Slowly return until your foot is on the floor.

Repeat 10 times, 1-2 times per day.

## 2. Buttock contractions and Bridging

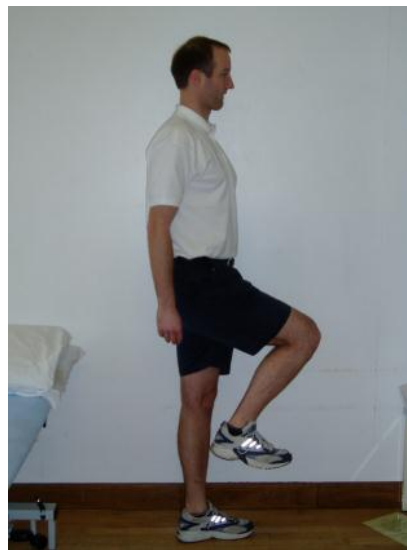


- Lie on your back.

- Bend both knees until your feet are flat on the bed.
- Squeeze your buttocks and lift them off the bed as far as you can.
- Try to keep your pelvis level throughout the movement and hold for 5 seconds at the top.
- Slowly lower back down.

Repeat 10 times, 1-2 times per day.

### 3. Hip flexion in standing



- Keeping your body upright throughout the movement and hold onto a firm surface.
- Bring your knee up to the same level as your operated hip.
- Hold for 2-3 seconds.
- Slowly lower back down.

Repeat 10 times, 1-2 times per day.

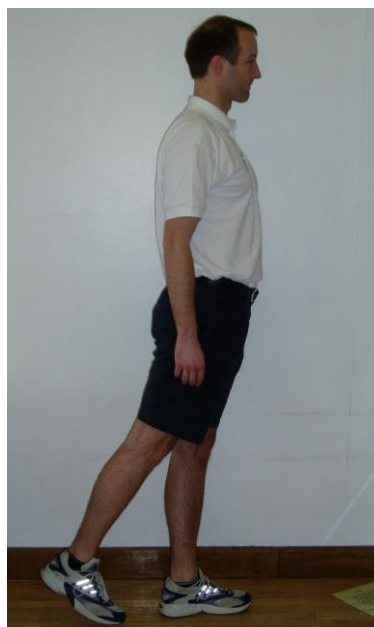
#### 4. Supine Hip Abduction exercise (lying)



- Lying flat on your back.
- Keeping toes pointing up towards the ceiling and your heel on the bed, take your affected leg out to the side as far as possible.
- Hold for 2-3 seconds.
- Return slowly.

Repeat 10 times, 1-2 times per day.

#### 5. Hip extension in standing



- Keeping your body upright throughout the movement and holding onto a firm surface.

- Take your affected leg backwards slowly, as far as possible, so your foot is off the floor.
- Hold for 5 seconds.
- Return slowly back to the floor.

Repeat 10 times, 1-2 times per day.